

Quick Boston-style Baked Beans

This is a very versatile and adaptable recipe that comes from the USA and can be used as a main dish served with chunks of crusty bread and salad or as a fantastic jacket potato topping.



Fish (in Worcestershire sauce) and Celery

Made it? Rate it!



Equipment

Can opener
Sieve
Chopping board x 2
Sharp knife x 2
Garlic crusher
Weighing scales
Large saucepan or frying pan with lid
Wooden spoon
Measuring spoons
Pan stand

Ingredients

Serves 4	2 x 15ml spoons vegetable oil
400g can beans (haricot, borlotti or cannellini)	1 x 15ml spoon tomato puree
400g can chopped tomatoes	1 x 15ml white wine vinegar or balsamic vinegar
2 sticks celery	1 x 15ml spoon dark brown sugar or black treacle
1 onion	2 x 5ml spoons Worcestershire sauce
1 clove garlic or 1 x 5ml spoon garlic puree	Black pepper
150g lean pork, bacon or gammon	

Something to try next time

- Try different types of canned beans.
- Use a variety of vegetables such as a chopped red or orange pepper or a handful of sliced mushrooms at step 9.
- Sprinkle the beans with chopped fresh parsley to serve.



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Method

1. Open the can of beans, drain in the sieve and rinse under the cold tap.
2. Open the can of tomatoes.
3. Wash the celery and slice into ½cm pieces.
4. Peel and dice the onion into 1cm pieces.
5. Peel and crush the garlic, if using a fresh clove.
6. Slice the meat into thin slices about 3cm long.
7. Add the oil to the saucepan and heat.
8. Add the meat to the saucepan, stir and cook for five minutes until it starts to brown.
9. Add the onion and celery to the saucepan and cook gently for five to ten minutes until the vegetables start to soften.
10. Add the garlic, tomatoes, tomato puree, vinegar, sugar or treacle and Worcestershire sauce and stir well.
11. Bring to the boil, then simmer, cover and cook gently for ten minutes. Stir occasionally.
12. Add the beans and simmer gently for a further five minutes. If it becomes too dry, add about 100ml of water and continue to simmer until you have a thick sauce.
13. Taste and season with black pepper, if required, and serve.

Top tip

The combination of sugar, treacle and vinegar give the beans a distinctive taste. Dark brown sugar and a mild vinegar gives the best flavour. Just use a 5ml spoon if you are using malt vinegar.



Prepare now, eat later

Prepare ahead?

- This dish can be made up to 24 hours in advance and in batches, so it is useful for community events.

Keep for later?

- Cool as quickly as possible and store, covered, in the fridge.
- Reheat only once and make sure the beans are piping hot before serving.

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